

## GOOD ROADS NOTES.

**A Suggestion in Road Building.**  
SPLENDID educational work is being done by the Department of Agriculture of the Federal Government for the improvement of road construction in the United States. The plan has been to study out the question of what constitutes a good road and why good roads are needed and then proceed to spread the information among the people. Pamphlets are issued and object lessons in road building are given annually in every State in the Union. A small stretch of excellent roadway is constructed simply for the purpose of showing how the work should be done and demonstrating its value. These object lessons in road-building were begun in 1894 and have done much to stimulate interest in the good roads movement.

The latest feature of this work is the advocacy by the Government of the construction of steel-track wagon roads, something quite new in highway construction. An illustrated description of the new road appears in the current number of Pearson's Magazine. The plan is to lay two wide steel rails on ordinary highways. The road as thus constructed consists of two parallel lines of steel plates or rails, each eight inches wide, laid at a sufficient distance apart to receive the wheels of all vehicles of standard gauge. The steel plates or rails have a slight flange on each side, which is deemed sufficient, to prevent the wagon wheels from leaving the tracks easily, while not interfering with turning out when the driver desires to do so in order to pass another team or for any other purpose. If one imagines to himself a street-car track with the depression on the rail that accommodates the wagon wheel eight inches wide, and the rails set at such a distance apart as to receive both wheels of the ordinary vehicle, he will have a very good idea of the road in question. It goes without saying that on a road constructed in this manner very large loads can be hauled with great ease. Government experiments showed that one horse could draw on a steel-track road the same load for which it was necessary to use twenty-two horses on the ordinary road. The track of the steel-track road also furnishes a most excellent bicycle path.

The cost of construction of this kind of road is given as \$3,500 a mile where the condition of the road to begin with is very poor. Where traffic is heavy the economy of such a road ought to offset the expense of construction many times.—Chicago Record.

**Drainage is the Secret of Success.**  
Now, what was the simple secret taught to those roadmakers who built the early highways that are still in good condition? It was merely to drain the roads, and keep the roads drained by keeping the ditches open. The old method was to run a plow through the side ditches and throw the disturbed soil, sod and all, in the middle of the road. There it would stay till a heavy rain came to wash this soil back into the ditches, and fill them up again. If there were money enough this kind of thing would be done over and over again, as often as four times in a year.

Where there were wet spots, broken stone or gravel would be placed in the road and left for the passing wagons to wear this metal into ruts. The money spent was absolutely thrown away.  
By the new process all the road-reducer needs to do is to provide ditches and outlets for them, and then so shape the road that the water falling in a rainstorm will run off at once into the ditches. The water must not be suffered to run in the road, but off the road. The rainfall, being thus simply and effectively disposed of, becomes a most beneficial instead of a destructive agent; it cleans, and shapes, and hardens the roadway, instead of washing it away and deepening the ruts. When there are wet places, such as springs, in the roadway, gravel and broken stone will not cure such things. The water must be drained off underneath the roadway and into the ditches by means of pipe or blind drains. The whole thing is so simple that any one can easily master the principles and put the details into practical operation.—Ladies' Home Journal.

**A Narrow View.**  
One of the great obstacles in the way of road improvement is the narrow view taken of the question by so many citizens of this country. They have been accustomed to think of roads merely as incidental to statute labor; and statute labor they consider as a means whereby each can get a little work done in front of his own farm which will be of direct personal advantage.

They overlook the public good. But public good is merely individual benefit conferred on every citizen. Money and labor spent on the roads of the township will enhance the value of every farm by increasing the demand for farm land; it will increase the profits of the farm by reducing the expenses of the farm. "The dairy-industry would be immensely benefited by good roads, fruit growing would become more remunerative; sale would be obtained for products which now are not grown because the market cannot be reached easily and quickly."

**Opinion Has Changed.**  
Speaking of the results obtained by the L. A. W. in its campaign for good roads, the New York Tribune says: "When the pioneer macadamized road was built from Irvington to Springfield, N. J., there was a storm of protest against it from ultra

conservative farmers, who objected not only to the cost they expected it would impose upon them, but to the uselessness of the road. Perhaps it would do for light driving, they said, but it would never do for heavy teaming. It would be ruinous to their horses' feet. If it were built no self-respecting farmer would ever think of using it. Well, it was built, and in a short time thereafter the average farmer with heavy loads to cart would go a considerable distance out of his way for the sake of getting upon it. Doubtless, precisely the same thing has occurred in the case of many other improved roads in other parts of the country. Of course, such change of opinion is to be commended as a sane recognition of the benefits of improved roads."

**France Ahead of Us.**  
Vice-President George F. Chamberlin, of the Automobile Club, has issued a statement that in the matter of good roads this country was a hundred years behind France. The 1300 labor and trades unions take the deepest interest in the building of good roads on a large scale because of the work it would furnish to tens of thousands of men and those dependent upon them.

It is intended that the roads to be built shall answer the needs of the farming population and of foot passengers, bicyclists and automobilists as well. The man interested in this movement claims that a united demand in this direction made by the interests mentioned and backed by a public opinion enlightened on this subject is very likely to be heeded.—New York Journal.

### WORDS OF WISDOM.

Absence makes the heart grow fonder.—Bailey.

There is no index of character so sure as the voice.—Disraeli.

As we advance in life, we learn the limit of our abilities.—Froude.

Manners carry the world for the moment, character for all time.—A. B. Alcott.

Activity may lead to evil; but inactivity cannot be led to good.—Hannah More.

Never say you know a man till you have divided an inheritance with him.—Lavater.

The same vices which are huge and insupportable in others we do not feel in ourselves.—La Bruyere.

It is better to suffer wrong than to do it, and happier to be sometimes cheated than not to trust.—Johnson.

He that hath a trade hath an estate, and he that hath a calling hath an office of profit and honor.—Franklin.

Our grand business is not to see what lies dimly at a distance, but to do what lies clearly at hand.—Carlyle.

There is nothing more precious to a man than his will; there is nothing which he relinquishes with so much reluctance.—Holland.

**Miss U. S. Outwits the Sultan.**  
The other day a pretty American girl, smartly dressed and smart enough to boot, arrived in Constantinople on board the Augusta Victoria. She had not been long in the city before she did that for which many a dutiful subject of the Sublime Porte has lost his head in times not far past. Like other visitors, she went to see the Sultan go to worship in the Mosque on Friday. Finding that from her carriage she could obtain but a poor glimpse of the procession, she promptly climbed a tree, and thence obtained an excellent view of the proceedings. Her camera came into use, and the result was an excellent set of views of the Mosque and the Sultan riding up to the great door. She was immediately spotted by a policeman on the lookout for such deadly weapons as cameras. He immediately ordered her down, explaining that tree climbing and cameras are "yassak." As this dread word seemed to have no effect on the young lady the policeman tried to explain, and the crowd tried to help him. In the middle of the dispute the Sultan rode up along with his brilliant staff and five thousand picked soldiers. After fruitless expostulation the glittering monarch and his discomfited soldiers rode away, swearing by the prophet that the American girl must be an emissary of Evil. It is not often that the Sultan is thwarted in this manner.—Constantinople Letter in the Chicago Record.

**New View of Ghosts.**  
A cottage woman was speaking to me the other day about the terrible losses of our troops in South Africa. She said: "Eh, but I shouldn't like to live over there when it's all done. The place'll be fair wick wi' ghosts." When I expressed my doubts as to there being such things as ghosts, she said she knew there were, for she "had seen 'em." Pressed further, she said that at any rate people who come to a violent end, and especially those who commit suicide, certainly "walk" till "their time comes." By this she meant until such time as they would have died in the course of nature. This limiting of a ghost's time to "walk" is new to me. Is it held at all generally.—Notes and Queries.

**The Way the Wind Blew.**  
At Newton the other day a man's five-dollar bill was blown out of his hand, and he could find it nowhere. A friend cut a piece of paper just to the size of the bill and liberated it at the place where the man had lost his money. The paper blew down the street and around into an alley, and there the man found the five-dollar bill. It was reasoning from cause to effect, but it reminds one of the boyhood trick of shooting an arrow after one that had been lost.—Kansas City Journal.

## HOUSEHOLD MATTERS.

### How to Ebonize.

If you would like to convert a plain deal table, or any other similar article into a thing of beauty, try what ebonizing it will do. First of all, you must clean the wood and rub it down with sandpaper. Then sponge it with a pint of water to which you have added a teaspoonful of vitrol. When dry, rub it down with sandpaper once more. It is then ready for the ebonizing solution, which is made as follows: Boil half a pound of logwood chips in three quarts of water (using any old iron saucepan) until the liquid has been reduced to one-third. Then throw in a handful of walnut peelings. Continue to boil gently until the liquid is about half its original bulk, and, lastly, add one pint of vinegar. Now take a brush or sponge and apply a good even coat of the mixture while still hot. When the surface is nearly, but not quite dry, apply another coat, and then a third. When the third coat is nearly dry, lay on a decoction of one ounce green copperas dissolved in a pint of boiling water. A beautiful black will be the result.

### Household Knowledge of Food.

In planning for variety in the daily bill of fare, the housewife should not only make a choice of that which will prove appetizing, but of that which gives strength to all the different parts of the body. Many housewives seem to have very little understanding of the daily catering from this standpoint, yet it is not a difficult matter to keep in mind a list of foods that will minister to the various requirements of the body, if the matter is given a little study.

That part of our food which best supplies muscular waste is termed nitrogenous, that which is heating and fat-forming, carbonaceous; while the brain-forming is phosphatic.

Among vegetable foods and cereals, oats supplies the largest proportion of muscle-forming food; beans supply twenty-five per cent. of the muscle-forming principle, while peas supply twenty-three and four-tenths parts; apples supply five parts; eggs supply sixteen per cent. of muscle-giving food; oysters ten parts; fish give about fourteen per cent. of muscle-forming food; chicken supplies twenty parts; beef, fat and lean, about fifteen per cent. of muscle-forming food; veal, ten and five-tenths; mutton, twelve and five-tenths; pork, ten parts of muscle food.

This is information every housekeeper should possess and every meal should be served with a variety of food that will give heat, muscle and brain food to the body.

Another point to be understood, especially when there is one or more in the family who suffers from that common ill—indigestion—is the selection of a variety of food that is easily digested. The length of time required to digest various articles of food differ very considerably, and it should be remembered that the longer the process is going on the greater the demand of the digestive powers, and consequently the weaker the stomach becomes. The question then to be considered is what food will most readily digest in the shortest length of time, thus causing the system to remain vigorous by being properly nourished and never overtaxed.

### Recipes.

**Buttermilk Griddle Cakes.**—Beat one egg until light, stir into one quart of buttermilk and one teaspoonful of salt; add one teaspoonful of soda, dissolved in two teaspoonfuls of boiling water; mix well, then stir in enough flour to make a good pouring batter. Beat well and bake on a hot griddle.

**Cheese Eggs.**—Take the yolks of two hard-boiled eggs and pound them in a mortar with half a cream cheese, a tablespoonful of grated cheese and a little tomato catsup; add a dust of cayenne and when the mixture is smooth fill the whites of the hard-boiled eggs with it, molding it into the form of a cone. Place the pieces of egg on a small dish and garnish them with plenty of water-cress (or small cress), which has been moistened slightly with oil and vinegar.

**Angel Cream.**—Put in a double boiler one pint of new milk, saving out enough to rub smooth three heaping teaspoonfuls of corn starch. Add to hot milk with one-half cupful of sugar. Take it from the fire and add ten drops of almond extract and whipped whites of three eggs. Mould and pour over, when serving, a rich boiled custard made of one and one-half cupfuls of milk, two tablespoonfuls of sugar and the yolks of three eggs. Flavor the custard with vanilla.

**Green Tomato Sauce.**—Chop fine three large green peppers and two or three onions and mix with a peck of green chopped tomatoes. Saturate the mixture with half a pint of salt and let stand twelve hours; then drain off the juice and put the chopped mixture into a kettle with enough vinegar to cover. Add one cupful of sugar, one teaspoonful each of nutmeg, cinnamon and powdered cloves, and half a teaspoonful each of mace and allspice. Cook soft. Stir often. Put up in jars when cold.

**Smothered Chicken.** with Spaghetti Balls.—Split a two-pound chicken up the back as for broiling. Keep on fire for at least twelve hours, and when ready to cook dry well and dust lightly with flour; sprinkle over with a teaspoonful of salt and one-fourth teaspoonful of black pepper. Dot with butter, using two ounces. Put into a moderate oven, and when the butter has melted pour in a half cupful of hot water and cover tightly. The secret of success lies in long, slow cooking and frequent basting. At the end of an hour and a half it will be tender, with a delicious, game-like flavor.

# RELIABLE DAIRYMEN.

## DIRECTORY OF LEGITIMATE DEALERS.

The following dairymen are known to the Editor of the CITIZEN as reliable producers, who own their own herds of cattle and deliver their own product. There are no milk hucksters in this list.

**BENNING FARM DAIRY,**  
J. P. REILLY, Proprietor.  
Benning, D. C.

Established 1892. Pure milk right from the farm served in sealed jars twice a day. Customers are invited to inspect my dairy at their pleasure.

**HILLOCK DAIRY,**  
JOHN BEROLING, Proprietor.  
Mt. Olivet Road, D. C.

Established 1894. Pure milk served to my customers fresh from the dairy every morning.

**Chevy Chase Farm Dairy,**  
GEO. A. WISE, Proprietor.  
Chevy Chase, Maryland.

Established 1881. I try to serve the very best quality of milk it is possible for a man to produce. My herd and dairy farm are open to inspection at all times.

**AGER'S FARM DAIRY,**  
J. B. AGER, Proprietor.  
Hyattsville, Maryland.

Established 1879. I have a herd of thirty-five cattle—mostly Jersey's—and deliver whole milk fresh from the farm every morning.

**GUDE'S DAIRY,**  
ALEX. GUDE, Proprietor.  
Hyattsville, Maryland.

Established 1884. Pure milk delivered fresh from the farm every morning. My dairy and herd will always bear inspection.

**OAK GROVE DAIRY,**  
D. MCCARTHY, Proprietor.  
Bladensburg Road, D. C.

Established 1895. Fresh milk delivered direct from my dairy farm every morning. Two deliveries a day contemplated soon.

**St. John's Park Dairy,**  
Mary Harriet Hatcher, Prop.  
Brookland, D. C.

Established 1899. Pure milk delivered every morning. We invite an inspection of our place at all times. Milk for children a specialty.

**CHEVY CHASE DAIRY,**  
H. G. CARROLL, Proprietor.  
Chevy Chase, Maryland.

Established 1897. Fresh milk direct from the farm served to customers every morning. An examination of my premises invited at all times.

**BURLEIGH DAIRY,**  
JOHN BURLEIGH, Proprietor.  
3601 O Street N. W.

Established in 1895. Dairy farm on New Cut Road or T Street extended. Pure milk from my own cattle. Two deliveries daily. Prompt service.

**CEDAR GLEN DAIRY,**  
P. H. HORN, Proprietor.  
Benning, D. C.

Established 1890. Milk delivered twice a day in Washington. Special attention paid to milk for babies.

**GRAND VIEW DAIRY,**  
JOHN S. ORRISON, Proprietor.  
Takoma Park, D. C.

Established 1895. The quality of milk I serve is gaining me new customers every day. My place will always bear inspection.

**RUPPERT FARM DAIRY,**  
J. O'KEEFE, Proprietor.  
Brightwood Avenue, D. C.

Established 1900. I own my own herd of cattle and make two deliveries a day. My dairy plant and milk will always bear inspection.

**BRIGHTWOOD DAIRY,**  
MRS. C. ROBINSON, Proprietor.  
Brightwood, D. C.

Established 1896. We deliver morning's milk only every morning. Our night's milk is all sold to dealers.

**GRANBY FARM DAIRY,**  
BARRETT BROS., Proprietors.  
Bunker Hill Road, Maryland.  
(P. O. Brookland, D. C.)

Pure milk and cream, delivered to any part of the city. Prompt delivery. Satisfaction guaranteed.

**Sligo Mill Road Dairy,**  
ISAIAH KREGLO, Proprietor.  
Woodburn, D. C.

(P. O. Address, Mt. Pleasant, D. C.)  
Established 1896. I serve pure milk right from the farm every morning. An inspection of my methods and dairy solicited.

**JERSEY DAIRY,**  
D. ALLMAN, Jr., Proprietor.  
2111 Benning Road.

Established in 1893. The present proprietor was born and brought up in the business. Has a herd of 27 Jersey cattle. Two deliveries a day throughout the city.

**Crystal Spring Dairy,**  
HUGH McLAHON, Proprietor.  
Brightwood, D. C.

Established 1898. I have Jersey cows only and serve the very best milk I can produce. If you want to see a fine herd of cattle, come and see mine.

**HOYLE'S FARM DAIRY,**  
MRS. A. J. HOYLE, Proprietor.  
Congress Heights, D. C.

Established 1894. We serve first-class milk all bottled on the farm. Dairy always open to inspection.

**Buena Vista Dairy,**  
O. A. LANDON, Proprietor.  
Suitland Road, near Suitland, Md.

Established in 1890. I am on the farm with fifty head of cattle and deliver only pure milk that will always bear inspection.

**SUITLAND DAIRY,**  
B. L. HILL, Proprietor.  
Suitland, Maryland.

Established 1896. Pure milk straight from the farm delivered every morning. Milk for babies and children a specialty.

**CHILLUM FARM DAIRY,**  
WM. McKAY, Proprietor.  
Woodburn, (Terra Cotta), D. C.

Established 1890. I serve pure milk right from the farm every morning. I think the best is none too good for my customers.

**Douglas Place Farm Dairy**  
EDW. PARKHAM, Proprietor.  
Douglas Place, Benning Road, D. C.

Established 1895. I spare neither pains nor expense in trying to produce milk that is a No. 1 in quality. Plant always open to inspection.

**TERRELL'S DAIRY.**  
F. TERRELL, Proprietor.  
Arlington, Virginia.

Established 1891. I serve milk straight from the farm every morning. My milk will stand the test every time.

**Glen Ellen Farm Dairy,**  
GEO. T. KNOTT, Proprietor.  
Conduit Road, D. C.

Established 1890. Milk from my dairy is guaranteed to be both clean and pure. Always sold at the lowest inspection.

**GREEN HILL DAIRY,**  
W. B. WILLIAMS, Proprietor.  
Riggs Farm, Maryland.  
(P. O. Address, Chillum, Md.)

Established 1894. I serve pure milk straight from the old established Riggs Farm every morning. Come out and inspect the place at any time.

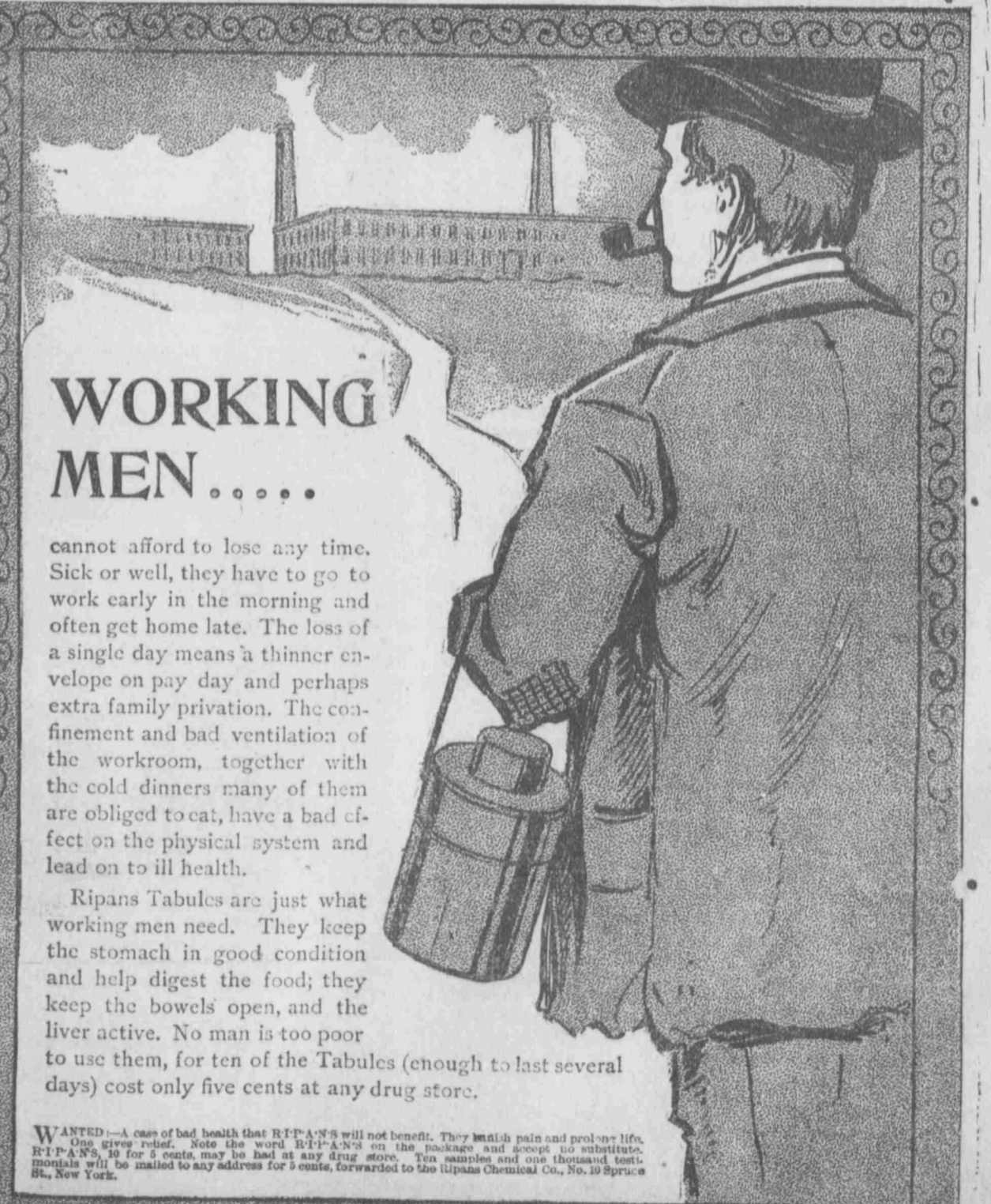
**PAYNE'S FARM DAIRY,**  
M. J. PAYNE, Proprietor.  
Bladensburg, Maryland.

Established 1898. It is my aim to serve my customers with the very best quality of milk. I invite an inspection at any time.

**PALISADES DAIRY,**  
W. L. MALONE, Proprietor.  
[Conduit Road, D. C.]

Established 1893. Pure milk and cream served in any part of the city every morning. All orders by mail promptly attended to.

**Pretty Bad.**  
There have been many American humorists, good and bad, but only of late has the very worst one been discovered. "How's Johnny?" asked one of the neighbors. "Well," replied Aunt Ann Peebles, "he's got the hives this time. When he was a baby he had the nettle rash. When he got over that he was troubled with a breakin' out that looked like measles. Then he had a ringworm on one side of his face. He has a bile every spring, and once in a while he gets somethin' the matter with his hands that the doctor says is salt rheum." "He must have some kind of humor in his blood," suggested the neighbor. "Yes," said Aunt Ann, shaking her head gloomily. "He's the worst humorist for his age that I ever see."



## WORKING MEN . . . .

cannot afford to lose any time. Sick or well, they have to go to work early in the morning and often get home late. The loss of a single day means a thinner envelope on pay day and perhaps extra family privation. The confinement and bad ventilation of the workroom, together with the cold dinners many of them are obliged to eat, have a bad effect on the physical system and lead on to ill health.

Ripans Tablets are just what working men need. They keep the stomach in good condition and help digest the food; they keep the bowels open, and the liver active. No man is too poor to use them, for ten of the Tablets (enough to last several days) cost only five cents at any drug store.

WANTED:—A case of bad health that R-IP-A-N-S will not benefit. They banish pain and prolong life. One gives relief. Note the word R-IP-A-N-S on the package and accept no substitute. R-IP-A-N-S, 10 for 5 cents, may be had at any drug store. Ten samples and one thousand testimonials will be mailed to any address for 5 cents, forwarded to the Ripans Chemical Co., No. 19 Spruce St., New York.